**Assessment of Caregiver Burden among Caregivers of the Cognitively Impaired Patients**

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**ABSTRACT:**

**Aim:**

To assess the caregiver burden amongst the caregivers of cognitively impaired elderly patients.

**Methods:**

A cross-sectional, hospital-based, prospective cohort study amongst cognitively impaired patients was carried out at the Department of Geriatrics, Neurology, and Psychiatry for six months. Patients diagnosed with Parkinson’s disease (PD) and Dementia; their caregivers were given consent to be included in the study. The Zarit burden questionnaire (ZBQ) was administered, and the responses were collected.

**Results:**

A total of 156 caregivers shared their experiences, and the results were like, ‘No to mild burden. 133 (85.2) ‘Mild to moderate burden’ 16 (10.2) ‘High burden’ 7 (4.4) [males; 105 (67.3) females; 51 (32.6) patients]. On analysis after using the ZBQ scale, mild burden was highly observed in male patients [94 (89.5%)] and in female patients [43 (84.3%)]. The age group analysis showed that 70–79-year-olds showcased a high, mild burden of 42.42% [56]. Moderate burden was observed within the age group of 80–89 years old, with [6 (35.29%)], followed by [2 (28.57%)] observed in the age groups of 60–69 years, 70–79 years, and above 90 years old. with respect to the area of domicile, and it was identified that high caregiver burden was observed in the study participants belonging to the sub-urban area, with mild burden [85 (63.90%)], moderasste burden [9 (52.94%), and severe burden [3 (5.0%)]. Rural and urban areas with less caregiver burden were observed to have mild burden [01 (16.66%)] and [2 (33.33%)], moderate burden [5 (29.41%)] and [3 (17.64%)], and severe burden [18 (13.53%)] and [30 (22.55%)], respectively.

**Conclusion:**

With respect to the study, we found that the cognitively ill patients in a suburban area are more focused. Assessment of caregiver burden will help in identifying the social and physiological burden that should be assessed and addressed by the clinicians, understanding their challenges, and resolving them.